

# WHAT IS ASSISTIVE TECHNOLOGY?

Assistive technology (AT) is any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities. Assistive technology can be “low tech” or “high tech”.



## LOW TECH

### DEFINITION

Simple, cost-effective tools that enhance accessibility and independence.

### EXAMPLES

- Adaptive Utensils for Eating
- Large-print books and labels
- Non-slip Pencil Grips
- Visual Aids
- Sensory Support
- Button Hooks and Zipper Pulls
- Wheelchair Ramp

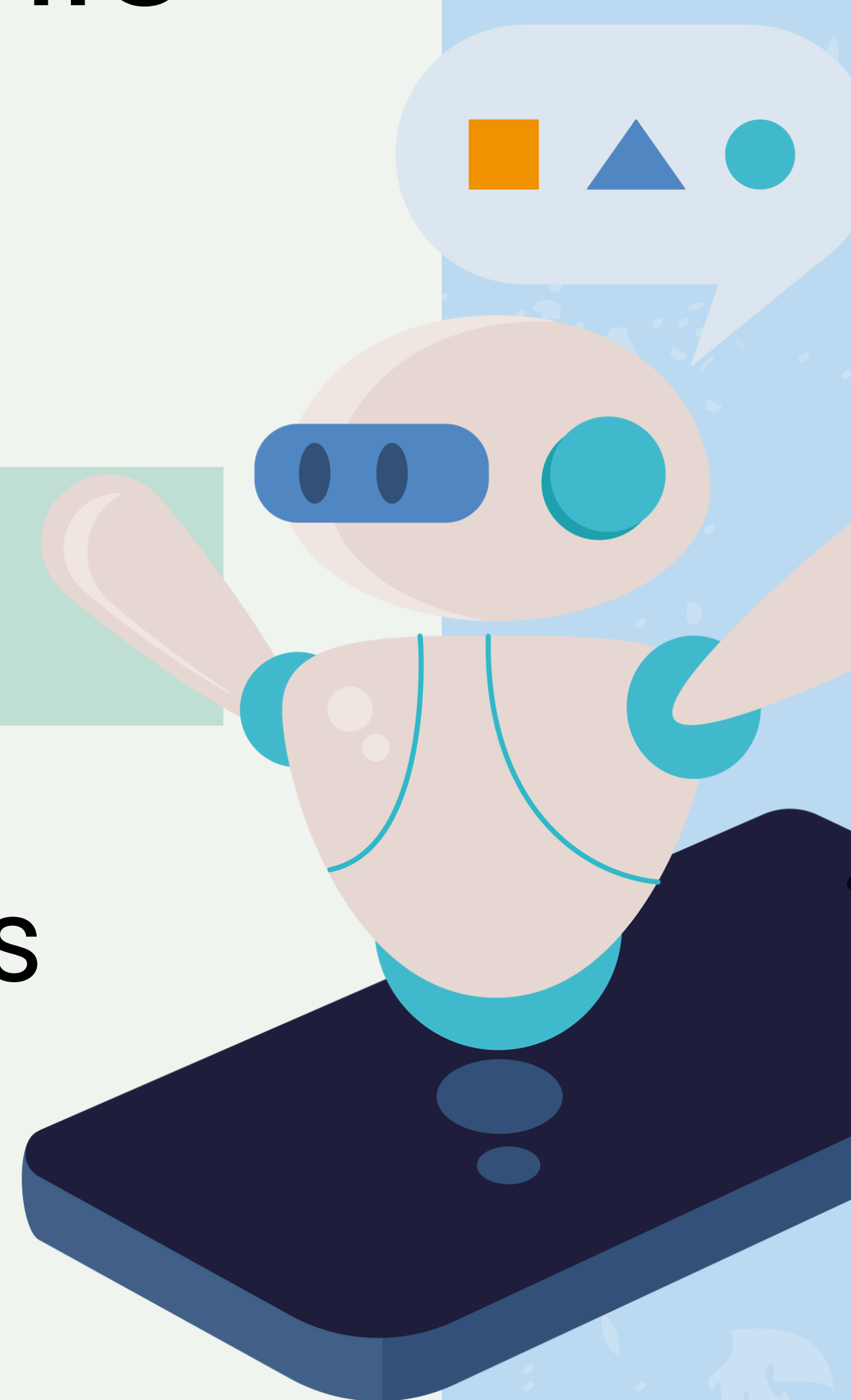
## HIGH TECH

### DEFINITION

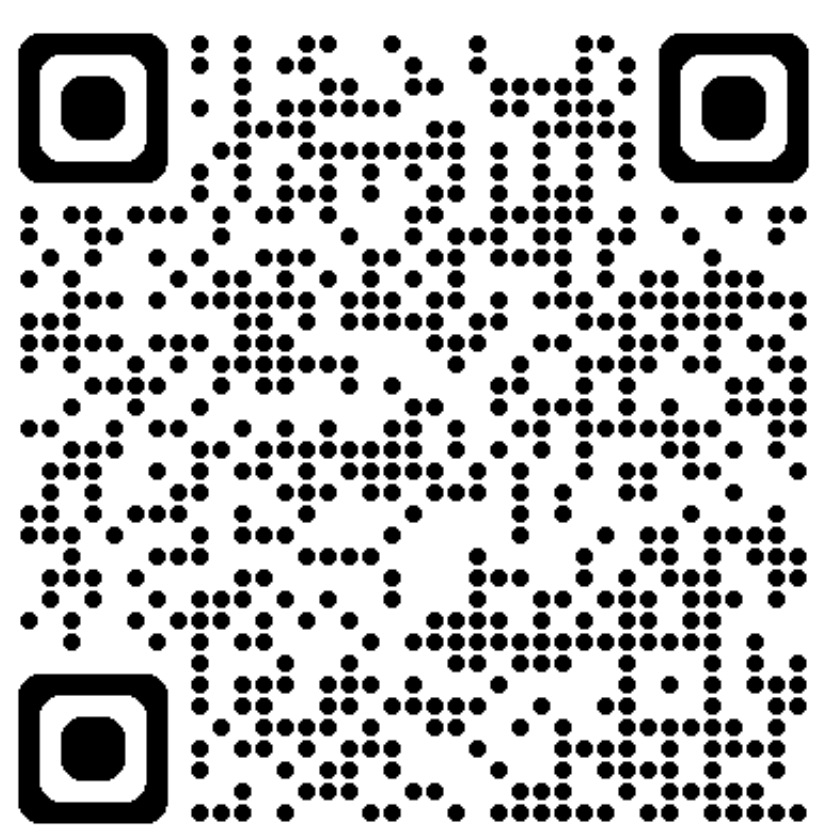
More complex tools that often involve digital or electronic components.

### EXAMPLES

- Specialized Computers
- Screen Readers
- Smart Home Devices
- Communication Devices
- Wearable AT Devices (hearing aids, smart watch)



Assistive technology is available to help individuals with disabilities tackle any task.



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